

NATIONAL WEBINAR

ON
PHYSICAL AND MENTAL HYGIENE :
A PRACTICAL APPROACH TOWARDS
PANDEMIC PREVENTION



MAY 28, 2020

Organised By
IQAC
&
DEPARTMENT OF
SPORTS, HOME SCIENCE & PSYCHOLOGY
GOVT. E.V.P.G. COLLEGE, KORBA (CG)

ABOUT THE COLLEGE

Govt. E.V.P.G. College is a co-educational post graduate institute affiliated to Atal Bihari Vajpayee Vishwavidyalaya, Bilaspur (C.G.) established in 1981 to fulfill the vision of imparting quality and job-oriented education with moral ethics and discipline to the students of the tribal area. The college is situated on a lush green, sprawling campus of 50 acres wherein all efforts are taken to sensitize the students towards environmental protection and steps are taken to provide a green cover to overcome the heavy pollution in the city caused by the coal mining activities and the numerous power plants in the region. The college offers 04 UG and 14 PG degree courses besides 03 Post-graduate diploma courses (PGDCA, PGDIC and PGDBM) and one diploma course (DCA) at the UG level.

ABOUT THE WEBINAR



Take Care of Your Body. It's the only place you have to live.

This is the second of the series of Webinars proposed by the Institution. The outbreak of the Pandemic caused by the deadly Corona virus has resulted in utter chaos and heavy losses of life all over the world. Several measures are being taken to control it. This Webinar aims at creating an awareness on Pandemic prevention through physical and mental wellness which can come through nutrition, immunity and social good health. The lockdown which was declared by the govt has brought with it unforeseen challenges and we sincerely hope that this webinar will prove beneficial in establishing and maintaining optimum physical and mental wellness.

REGISTRATION

For registration click on following link
https://docs.google.com/forms/d/e/1FAIpQLSfS9jxgJu-2MylQuPnotSRPvmbwsEa44A7Jcph018EnZ-q8lO/viewform?usp=sf_link

(Please fill the form carefully using capital letters.)

ORGANISING COMMITTEE

Patron

Dr. R. K. Saxena
Principal

Convenor

Dr. B. S. Rao
Sports Officer

Co-convenors

Smt K. Bahal
Head

Department of Home Science

Dr. A. Kaushil
Head

Department of Psychology

Organising Secretary

Dr. Sandeep Shukla
Assistant Professor
Department of Botany

Technical Experts

Dr. Sanjay Kumar Yadav
Miss Jyoti Rathore
Raj Kumar Rathore
Shyam Sundar Tiwari

Documentation and e-certificates

Dr. Purnima Sahu
Smt. Ritu Sinha
Dr. Dinesh Shrivastava
Balram Kurrey
Ramesh Kumar Mourya



PRINCIPAL,
GOVT. ENGINEER VISHWESARRAIYA
P. G. COLLEGE, KORBA (C. G.)

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CHIEF GUEST
Prof. G. D. Sharma
Hon. Vice Chancellor
ABVV, Bilaspur

SPECIAL GUEST
Dr. S. R. Kamlesh
Addl. Director
Dept Of Higher Education
Bilaspur Region, Bilaspur

KEYNOTE SPEAKER
Prof. C. D. Agashe
Professor
School Of Studies In Physical Education
PRSU, Raipur

SCHEDULE OF THE WEBINAR

TIME/ DURATION	ACTIVITY
11:00 – 11:15 AM	Log In Of The Participants Via Link
11:15 – 11:20 AM	Welcome By Dr. B. S. Rao Convenor
11:20 – 11:25 AM	Welcome Address By Dr. R. K. Saxena Patron
11:25 – 11:35 AM	Address By Dr. S. R. Kamlesh Addl. Director
11:35 – 11:55 AM	Address By Prof. G. D. Sharma Hon. Vice Chancellor Chief Guest
11:55 – 12:45 PM	Keynote Address Prof. C. D. Agashe Professor PRSU, Raipur
12:45 – 1:00 PM	Special Suggestions On Issues Of Mental Health And Well Being During Covid 19 By Dr. A. Kaushil Psychologist
1:00 – 1:20 PM	Interactive Session
1:20 – 1:40 PM	Vote Of Thanks By Smt. K. Bahal

INSTRUCTIONS TO PARTICIPANTS

- The certificate for participants will be prepared according to their details provided in this form. So, please fill the form carefully using capital letters.
- Link to join the webinar will be shared through the email of the participants in the morning on May 28, 2020.
- Participants are requested to log in latest by 11:15 AM.
- Participants are requested to mute their audio during the webinar.
- For interactive sessions, a participant who wishes to put a query may kindly raise his/her hand so that their audio may be unmuted.
- For any further queries or details you can mail us on principal@evpckrb.ac.in or contact

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